

COOKERY

DIRECTIONS

TO ENABLE ANY PERSON TO

S W I M

with the help of his Hat only ;

AND FOR THE RECOVERY OF

*Persons who are Drowning,
and those who are apparently Drowned.*

ALSO THE

ART OF SHAVING,

containing new and complete

INSTRUCTIONS

on that important Art,

and on keeping the Razor in good order.

A Method of using

COALS ;

by which nearly one-half of the usual expence
may be saved :

and of making a Substitute for

B E E R,

with little expence, and less trouble :

and of curing Corns.

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*Method of rendering assistance to Persons
in Danger of Drowning.*

This desirable object appears attainable by the proper use of a man's hat and pocket handkerchief, which (being all the apparatus necessary) is to be used thus: spread the handkerchief on the ground, and place a hat, with the brim downwards, on the middle of the handkerchief; and then tie the handkerchief round the hat as you would tie up a bundle, keeping the knots as near the centre of the crown as may be. Now, by seizing the knots in one hand, and keeping the opening of the hat upwards, a person, without knowing how to swim, may, fearlessly, plunge into the water with what may be necessary to save the life of a fellow-creature.

*Method of recovering Persons apparently
Drowned, as recommended by the
Humane Society.*

Let those who first discover an unfortunate object in this situation, remove it to some house near, place it by the fire, and begin by rubbing it with salt, volatiles, &c. and warm flannels, the head a little elevated; never attempting giving any thing by the mouth till signs of recovery strongly appear, and let the person be kept from a crowd of people around him. The idea that the stomach is full of water, and thus obviates recovery, is very erroneous and prejudicial, as it is now fully and clearly established, that the respiration being impeded is the sole cause of the suspension of life, and which being restored, the vital functions soon recover their tone; and men are frequently lost from the absurd custom of rolling on casks, lifting the feet over the shoulders, and the head falling on the ground.

If a person, unable to swim, should fall into water, had he presence of mind enough to whip off his hat, turn the top downwards, and hold the edges with both hands, keeping his arms under the water and throwing his head back, he might keep his mouth above the water for a long time, till assistance would probably reach him.

DIRECTIONS

for Persons Shaving themselves.

A just proportioned and well-tempered razor will, with the assistance of a good strap, perform well for a great length of time; the strap (if a proper one) acting so gently as to revive the edge, without having sharpness to bring a wire upon it.

The method of strapping is thus: let the razor be grasped firm in the hand by the scale and that part of the blade betwixt the rivet and commencement of the cut: apply it flat upon the strap in such a direction, that the edge shall form an angle

of about 130 degrees with the nearest side of that end of the strap which faces the edge of the razor: draw it steadily along, from the beginning of the cut to the point: observe when changing the sides (which is to be done every stroke) to turn it on the back, which will prevent any injury happening either to the strap or edge of the razor. It may here be observed, that if the razor is not well proportioned, it can receive no advantage from strapping; for instance, if the back of the razor be too thin, on applying it flat, the strap will not immediately act upon the edge, but rather on the upper part of the angle formed by the hone. Again, suppose the back too thick, the edge of course is applied to the strap too perpendicularly, and rather removes than assists the edge. This then shews the necessity of proportion in a razor, it being impossible to do justice to one deficient in this respect, either with the hone or strap. It is necessary to strap always after shaving; a few quick strokes on each side will be sufficient to refresh the

edge. The best strap is that where the leather is put double on the wood ; it has then as much elasticity as is necessary. To prepare the strap, put on it Crocus Martis and sweet oil ; rub it on well with a glass bottle. Afterwards add occasionally a little sweet oil.

Previous to shaving, the face ought always to be washed with soap and water ; by this means every particle of dust is removed, which, if suffered to remain, may injure the edge of the razor. By washing too, the beard is considerably softened, and rendered less capable of resistance.

This done, and the soap having been worked by the brush into a firm consistence, is in that state to be very copiously applied to the beard. The more plentifully this is applied, the easier will be the succeeding part of the operation.

The razor may be dipped in warm water, or not, at pleasure. If there is any advantage in this, it must be by its being brought nearer the heat of the blood ; for it can hardly be supposed that the hot

water is, by any means, capable of improving the edge.

In applying the razor to the face, some attention is necessary. If the razor is held in a position too flat, it will not attack the hair at the root, and consequently not shave clean. Again, if the back of the razor is elevated too much, it will then rather act as a scraper than otherwise. The medium betwixt these extremes will be found right.

The last, and perhaps the most essential direction necessary to good shaving, is clearly pointed out, by considering the nature of the metal of which the razor is made. Steel, in its purest state, is not capable of receiving a perfect edge. By examining with a good glass, the very finest edges appear to be but one continued succession of fine teeth. This points out the necessity of a certain action being given by the hand, without which the razor cannot perform to advantage. The manner of cutting grass will most readily point out the best mode of using a razor: were

the scythe pushed straight forward, very little execution would be done ; but by the sweep given to the instrument by the action of the arm, there follows a succession of points, and the cut is performed with ease. The case is the same with every edged instrument where its intention does admit of either drawing or shoving ; this done, in ever so small a degree, gives to edges the full power of acting. Very little practice will make this mode of shaving familiar even to those who may not formerly have been accustomed to practise it.

COALS

constitute one of the chief articles of domestic convenience, especially during the severity of winter. Hence in that season they frequently become scarce and dear. To remedy this evil, in some measure, a preparation of clay and coal dust has been successfully employed ; of which the following are the particulars :

Take two-thirds of soft, mellow clay (for instance, a ton), which is free from stones, and work it into three or four bushels of small sea-coal previously sifted ; form this composition into balls or cakes, about three or four inches in diameter, and let them be thoroughly dried. When the fire burns clear, place four or five of these balls in the front of the grate, where they will soon become red, and yield a clear and strong heat, till they are totally consumed. The expence of a ton of this composition is but trifling, when compared with that of a chaldron of coals, as it may be prepared at one-fourth of the cost, and will be of greater service than a chaldron and a half of the latter.

A similar kind of fuel is prepared in the Bishopric of Liege, and is a source of considerable emolument to the inhabitants, who sell great quantities of it annually.

Substitute for Table Beer.

As small beer frequently turns sour in warm weather, an excellent substitute may be made, by well mixing together, a bottle of porter, 2 gallons of water, 1 pound of brown sugar, and a spoonful of powdered ginger. Bottle it and keep it loosely corked in a warm cellar. In three days it will be fit for use.

To prevent the formation of Crust on the inside of Tea-Kettles.

Put into the kettle a flat oyster shell, and keep it constantly there. It will attract the stony particles that are in the water, and prevent their forming on the kettle. Those who examine the large quantity of terrene matter on the inside of tea kettles, will be convinced, that water

should be boiled before it be drunk, if they wish to avoid being afflicted with the gravel, stone, &c.

CORNS may be cured by rubbing them daily with a caustic solution of Potash, and by constantly wearing EASY SHOES.

FINIS.



